



## **WEBINAR 3**

[www.growcoach.ie](http://www.growcoach.ie)

### **Making Space in attack – Triple Threat , Leveraging and V Cuts,**

#### **Timing of Webinar Contents:**

00.04 Introduction

#### **01.50 TRIPLE THREAT**

02.25 No Threat

02.58 Threat 1 – Taking a shot/score

04.03 Threat 2 – Pass to a team mate/pass forward

04.50 Threat 3 – Take on your opponent

#### **07.40 LEVERAGING**

12.25 In game video

#### **13.38 V CUTS**

16.00 Back post movement

#### **SPORTS PERFORMANCE**

26.12 The Coaching Cycle

#### **GROWCOACH GOLD**

30.15 “Show me don’t tell me”                      “Change of pace, change of direction”

#### **QUESTIONS & ANSWERS**

32.30 Team awareness of individual’s movement

Alternatives to leveraging when tightly marked

When not to be a triple threat/when is there a better option

The importance of scanning